



Brookings County 4-H
Special Foods Recipes
2003

DAIRY GROUP

Mitch's Creamy Cocoa

Mitchell Brandriet – 9

Country Clovers 4-H Club

2 cups calcium fortified soy milk
¼ cup fat free half and half
2 T. cocoa
½ tsp. cinnamon
1/8 cup sugar



Whisk all ingredients together in a saucepan. Heat thoroughly. Pour into a mug. Garnish with whipped cream, Christmas sprinkles, and cinnamon candy cane.

Serves 2.

Orange Julius

Ryan Intermill – 9

West Sioux II 4-H Club

6 oz. can frozen orange juice
1 ½ cups milk
½ cup sugar
2 tsp. vanilla
1 cup water
15 ice cubes

Blend above ingredients thoroughly in a blender.

Serves 6.



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Refreshing Orange Cooler

Dayton Vander Wal – 8

West Sioux II 4-H Club

1 fresh orange, peeled and sliced

1 ½ cups vanilla ice cream

½ cup orange juice

5 cubes frozen ginger ale

1 cup vanilla yogurt

Combine fresh orange, vanilla ice cream, orange juice, frozen ginger ale cubes and yogurt in a blender and mix until smooth.

Serve in a tall glass and garnish with an orange slice.

Serves 2.



FRUIT GROUP

Banana Cream Smoothies

Emily Meyer – 9

Northview Lads and Lassies 4-H Club

- 2 medium ripe bananas, peeled and sliced
- 1 can (8 ounce) unsweetened crushed pineapple
- $\frac{3}{4}$ cup unsweetened frozen raspberries
- 2 cups fat free plain yogurt
- 1 tsp. vanilla



In a blender, combine all ingredients. Cover and process for 30 seconds or until smooth. Stir if necessary. Pour into chilled glasses. Garnish with whole raspberries. Serve immediately. Serves 3.

Frosty Strawberry Shake

Lacey Quail – 8

Northview Lads and Lassies 4-H Club

- 3 cups plain or vanilla soy milk
- 2 cups frozen sliced strawberries
- 1 banana
- 1 tsp. vanilla

Add the first three ingredients to blender and blend. Add vanilla, blend and serve. Serves 4.

Peaches 'n' Cream Cooler

Whitney Miller – 0
West Sioux II 4-H Club

1 cup peach nectar
½ cup apricot nectar
½ cup half and half cream
1 T. lemon juice
1 T. powdered sugar
1 tsp. vanilla extract
½ tsp. almond extract
1 ½ cups frozen peaches
1 cup bananas
6 ice cubes
¾ cup peach sparkling water

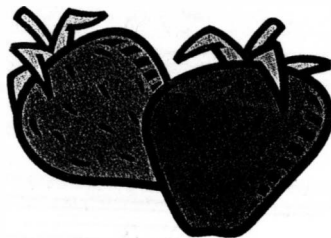
Put first 10 ingredients in blender and blend until smooth.
Add sparkling water and blend.
Serves 4.

Refreshing Fruit Slush

Vanessa Brown – 8
Poinsett Pioneers 4-H Club

¾ cup orange juice
¾ cup lemonade
1 cup frozen strawberries
1 cup ice cubes
1 banana

Mix all ingredients well in blender. Pour into glasses and add a strawberry for garnish.
Serves 4.



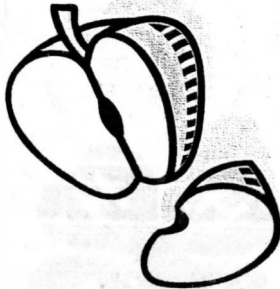
Honey Soy Fruit Salad

Trina Moberg – 10

Northview Lads and Lassies 4-H Club

- 1 Granny Smith apple, diced
- 1 Gala apple, diced
- 1/8 cup fresh lemon juice
- 1/2 cup water
- 1 can (8 oz) pineapple tidbits, drained
- 3/4 cup plain low fat yogurt
- 1/4 cup firm silken tofu
- 1 T. honey
- 1/2 tsp. ground cinnamon
- 1/4 cup soy nuts

Place diced apples in mixture of lemon juice and water. Chill. Combine yogurt, tofu, cinnamon and honey in blender until smooth. Pour into container and chill in refrigerator for 10 minutes. Take apples out of refrigerator, drain liquid and add pineapple. Stir well. Take dressing out of refrigerator and add to apples and pineapple. Stir in soy nuts. Serve on lettuce leaves. Garnish with apple slices spiraled in center. Eat and enjoy!
Serves 4.



Luscious Lime Salad

Krista Heylens – 9
West Sioux II 4-H Club

1 ¼ cups crushed pineapple
2 ¼ cups cottage cheese
3 cups whip topping
3 oz. box lime jello

Open can of pineapple and drain well in strainer. In large mixing bowl, combine cottage cheese, whip topping, lime jello and strained pineapple. Mix well.

Makes 6 servings.



MEAT GROUP

Creamed Chicken in Patty Shells

Stephanie Vostad - 17

West Sioux II 4-H Club

- 2 lb. cooked chicken, cut up
- 1 cup chicken broth
- ½ tsp. salt
- ½ tsp. pepper
- 2 (10 oz.) pkg. frozen puff pastry shells
- 1 cup sliced fresh mushrooms
- 1 medium chopped green pepper
- ½ cup small fresh broccoli florets
- 5 T. margarine
- 6 T. all purpose flour
- 2 cups soy milk
- ¼ tsp. paprika

Bake pastry shells according to package directions. Meanwhile, in a large saucepan, sauté the mushrooms, green pepper, and broccoli in margarine until tender; sprinkle with flour. Gradually stir in milk and broth until blended. Bring to a boil; cook and stir for two minutes or until thickened. Add the paprika, chicken, salt and pepper. Cook and stir until heated through. Spoon into pastry shells.

Serves 6.

Mike's Hot Dish

Shelby Aulner – 11

Northview Lads & Lassies 4-H Club

- 1 lb. ground beef
- 1 can green beans (drained)
- 1 can tomato soup
- 2 cups water
- 3 T. margarine or butter
- $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ cup milk
- 2 cups potato flakes

Brown the ground beef and drain grease off. Then mix green beans and tomato soup.

Boil the water, salt and margarine together. Then add the milk, potato flakes and eggs together.

Put the ground beef mixture into the baking dish.

Top it off with the potatoes. Bake at 350° for 30 minutes.

Serves 4.



Pizza Burgers

Erick Eggebraaten – 12
Poinsett Pioneers 4-H Club

1 lb. ground beef
6 oz. mozzarella cheese
½ can tomato soup
1/3 cup chili sauce
¼ cup parmesan cheese
1 ½ tsp. oregano
¼ tsp. garlic salt
2 ½ large wheat rolls

Brown ground beef. Drain and cool. Mix the remaining ingredients and add to cooled ground beef. Spread mixture on buns. Wrap in foil and bake 20-30 minutes at 350°.

These can be frozen – then bake when needed.

Serves 5.



Super Bowl Sandwich

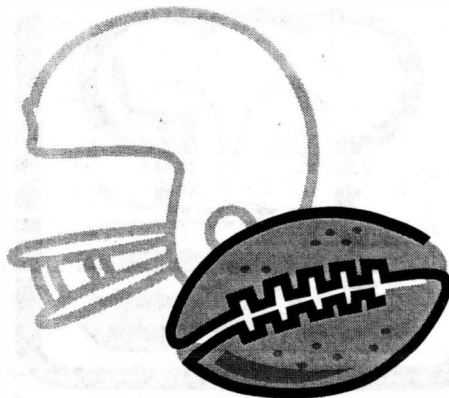
Thorwald Vostad – 12

West Sioux II 4-H Club

- $\frac{3}{4}$ pound ground beef
- $\frac{3}{4}$ pound fresh pork sausage
- $\frac{1}{2}$ cup finely chopped onion
- 1 $\frac{1}{2}$ cups Italian style spaghetti sauce
- 1 tsp. Italian seasoning
- 1 lb. loaf French bread
- $\frac{1}{4}$ cup finely shredded Parmesan cheese

Put ground beef, sausage and onion in microwave-proof pan. Microwave on high for 3 minutes. Stir. Microwave for 3 more minutes. While meat mixture is cooking, place spaghetti sauce and Italian seasoning in a separate bowl. Add meat and mix well. Cut a well in the top of the bread. Place bread on a sheet of aluminum foil. Spoon meat mixture into bread well. Sprinkle with cheese. Seal foil. Bake at 400° for 20 minutes. Remove from oven and cut into 6 servings.

Serves 6.



Pasticcio

Sophie Brown – 17

Poinsett Pioneers 4-H Club

- 1 ½ cup elbow macaroni
- 1 ¼ lb. lean beef
- ¼ lb. pork
- 1 T. dried onion
- 1 can (15 oz) tomato sauce
- 1 tsp. salt
- 4 oz. Parmesa cheese
- 1/8 tsp. ground cinnamon
- 1 ¼ cup milk
- 3 T. butter
- 2 eggs, beaten
- 1/8 tsp. ground nutmeg

Cook macaroni as directed on package, drain. Cook and stir beef, pork and onion in a skillet until beef and pork are light brown. Stir in tomato sauce and salt. Spread half of macaroni in greased square baking dish (8x8x2). Cover with beef mixture. Mix ½ cup cheese and cinnamon; sprinkle over beef mixture. Cover with remaining macaroni. Cook and stir milk and butter in a 2-quart saucepan until butter is melted. Remove from heat. Stir at least half of the milk mixture into beaten eggs. Blend back into saucepan; pour over macaroni. Sprinkle with remaining cheese. Bake in a 325° oven until brown and center is set about 50 minutes. Sprinkle with nutmeg.
Serves 6.



Taco Pizza

Zach Jones – 11

West Sioux 4-H Club

- ½ lb. ground beef
- ½ lb. ground pork
- 1 envelope taco seasoning
- 1 cup water
- 1 pre-baked deep dish pizza crust (12 inch)
- 1 cup refried beans
- ¾ cup salsa
- 2 cups crushed tortilla chips
- 2 cups shredded cheddar cheese
- 2 medium tomatoes, chopped
- 1 cup shredded lettuce

Cook beef and pork over medium heat; drain. Stir in taco seasoning and water. Bring to a boil; reduce heat. Simmer uncovered for 10 minutes; set aside. Place crust on ungreased pizza pan. Combine beans and salsa, spread over crust. Top with meat mixture, chips and cheese.

Bake at 350° for 13-16 minutes.

Sprinkle with lettuce and tomato.

Serves 6.



Kabobs

Kristen Intermill – 12
Sinai Rustlers 4-H Club

1 lb. sirloin steak
1 medium onion
1 green pepper
8 cherry tomatoes
8 mushrooms
1 cup pineapple chunks

Sauce Ingredients:

¼ cup brown sugar
¼ cup soy sauce
¼ cup ketchup
1 T. Worcestershire sauce

Mix sauce ingredients in a small bowl. Cut meat into bite size pieces. Marinate meat in sauce for ½ hour. Cut vegetables and fruit into bite size pieces. Alternate pieces of meat, vegetables and fruit pieces on skewers.

Grill for 20 minutes. Baste with sauce.

Serves 4.



Spaghetti Pie

Alisa Eggebraaten – 15
Poinsett Pioneers 4-H Club

6 oz. spaghetti
2 T. butter
½ cup Parmesan cheese
2 eggs
1 cup cottage cheese
1 ½ lb. lean ground pork
½ cup chopped onion
¼ cup green pepper
1 cup tomatoes
6 oz. tomato paste
1 tsp. sugar
1 tsp. oregano
½ tsp. garlic salt
¾ cup mozzarella cheese

Cook the spaghetti; drain. Stir butter into hot spaghetti. Stir in Parmesan cheese and eggs. Form spaghetti mixture into a “crust” in a buttered 10 inch pie plate. Spread cottage cheese over bottom of spaghetti crust. In skillet, cook ground pork, onion and green pepper until vegetables are tender and meat is browned. Stir in tomatoes, tomato paste, sugar, oregano and garlic salt. Pour meat mixture into spaghetti crust. Bake in a 350° oven for 20 minutes. Sprinkle the Mozzarella cheese on top. Bake 5 minutes longer or until cheese melts.

Serves 6.



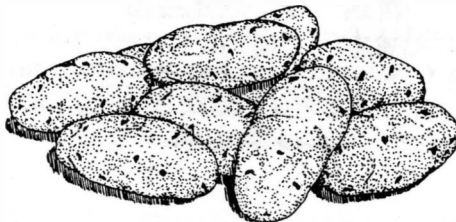
Mashed Potato Sausage Bake

Courtney Moberg – 13

Northview Lads and Lassies 4-H Club

4 medium potatoes
½ cup sour cream
¼ cup chicken broth
¾ lb. Polish sausage
1 cup fresh mushrooms
¾ cup chopped onion
1 garlic clove
¼ cup shredded cheese
1 tsp. parsley flakes
1 tsp. oregano

Peel and slice potatoes and put in saucepan with water. Bring to a boil; reduce heat and simmer for 20-25 minutes. Drain and transfer to a mixing bowl. Add sour cream and broth; beat on low speed until smooth. Cook sliced sausage, mushrooms, and chopped onion and garlic in a skillet until tender. Spread half of potatoes in a 9x5x3" loaf pan. Top with sausage mixture and remaining potatoes. Sprinkle with cheese, parsley and oregano. Bake at 350 (325° for glass pan) for 10-15 minutes. Serves 6.



Cheesy Mini Meatloaves

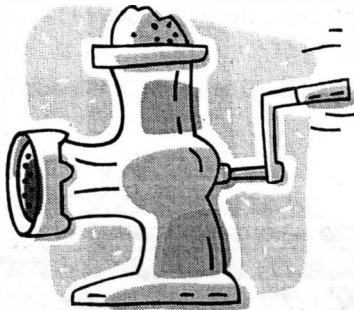
Andy Brown – 13
Poinsett Pioneers 4-H Club

Sauce: 2 cups ketchup 3 tsp. vinegar
 1 cup water 3 T. white sugar

Combine together and place in skillet to simmer.

Meatloaves: 1 ¼ lb. lean beef 1 egg beaten
 ¼ lb. pork 1 cup oatmeal
 ¼ cup milk ½ tsp. garlic salt
 ½ tsp. parsley
 6 sticks mozzarella cheese

Mix all above ingredients except the cheese thoroughly. Divide into 6 balls. Flatten out and place mozzarella stick inside. Work meat around cheese stick, continue with all six meat balls. Place in skillet and cover with sauce. Cook at 250° for 25 minutes. Turn meat several times for even baking.
Serves 6.

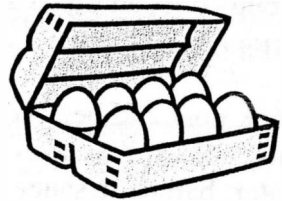


Farm Fresh Omelet

Kyle Heylens – 11
West Sioux II 4-H Club

4 eggs
½ cup browned pork sausage
½ cup (2 oz) American & Cheddar shredded cheese
Salt
Pepper

Brown pork sausage over medium to high heat. Drain well.
Spray egg pan. Heat stove top to medium temperature. Break 2 eggs into dish and whip with fork. Fry eggs until firm with lid on pan. Place ¼ cup cheese and ¼ cup sausage in center and fold over. Repeat.
Serves 2.



Fantastic Eggs

Justine Doop – 12
Clover Kids 4-H Club

4 eggs
2 T. milk
¾ cup (3 oz) cheese
1/8 tsp. salt
8 olives sliced

Assemble all ingredients into a bowl. Beat together for 30 seconds. Pour into warmed greased electric fry pan and set at 350
Cook about 4-5 minutes.
Serves 2.

VEGETABLE GROUP

Caribbean Stir Fry

Stephanie Vostad – 17

West Sioux II 4-H Club

½ lb. sliced fresh pork tenderloin
½ lb. sliced beef tenderloin
1 T. oil
¾ cup chopped onion
¾ chopped carrots
1 (14 oz.) can pineapple chunks
3 T. barbeque sauce
1 tsp. ground ginger
½ cup chopped green and red pepper
2 cups instant rice

Cook pork and beef in oil in a large skillet. Add onion, carrots and cook until meat is no longer pink. Stir in pineapple, 1 cup water, barbeque sauce, ginger, peppers, and rice. Cook until rice is plump.

Serves 4.



The Dietary Guidelines for Americans recommends.....
(United States Department of Agriculture and United States
Department of Health and Human Services)

- Build your eating pattern on a variety of grains, fruits and vegetables.
- Include several servings of whole grain foods, such as whole wheat, brown rice, oats, and whole grain corn.
- Five a Day! Eat at least 2 servings of fruit and 3 servings of vegetables each day. Choose dark-green leafy vegetables, orange fruit and vegetables, and cooked dry peas and beans.
- Limit your use of solid fats, such as butter and margarines. Use vegetable oils as a substitute.
- Choose fat-free or low-fat types of milk products and lean meats and poultry. Eat cooked dry beans and peas and fish more often.
- Use the Nutrition Facts Label on products to help choose foods lower in total fat, especially saturated fat, as well as lower in cholesterol and sodium.
- Limit your intake of beverages and foods that are high in added sugars, such as soft drinks or sweets.
- Lower your sodium intake by choosing and preparing foods with less salt and salty flavorings.